

Scan History

Recap of your scans

# of Scans to date	3
Before/After	182 days
Net Loss/Gain	Lost 42.0 in (-10.7%)

Circumference Summary

These are the biggest areas of change

Torso	Lost 25.7 in (-9.4%)
Neck & Arms	Lost 3.8 in (-9.4%)
Legs	Lost 12.5 in (-15.8%)

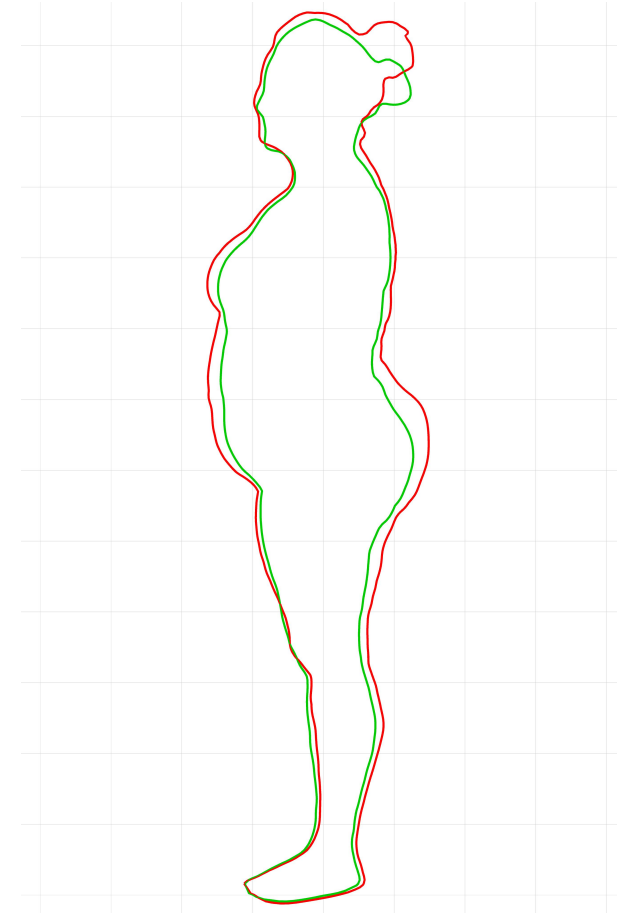
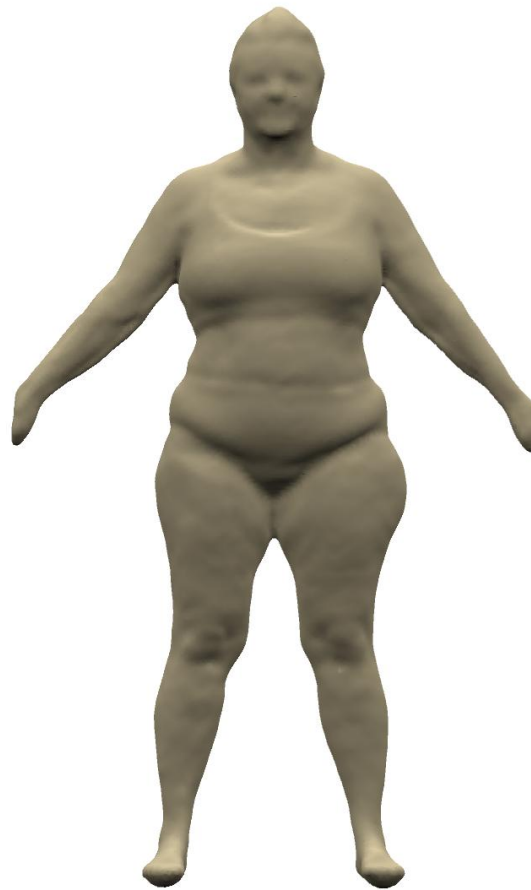
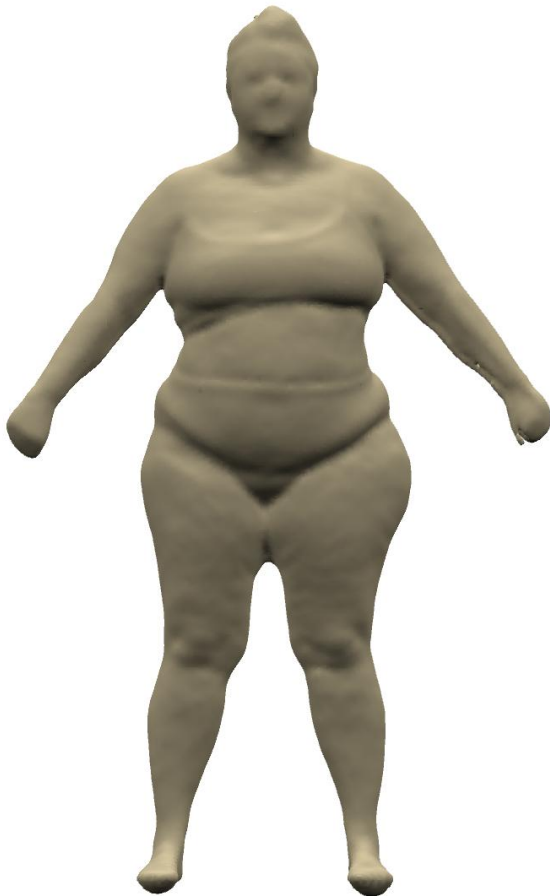
Composition Summary

Your body composition progress

Total Weight	Lost 44.0 lbs (-19.0%)
Body Fat %	Lost 3.9% (-8.4%)
Lean Mass %	Gained 3.6% (7.1%)

█ First Scan
Apr 19

█ Last Scan
Oct 18

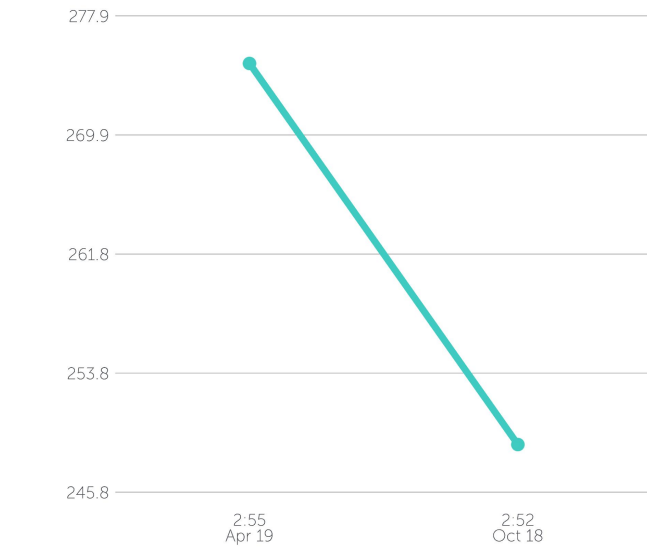


CIRCUMFERENCES - MEASUREMENTS

EXAMPLE FEMALE

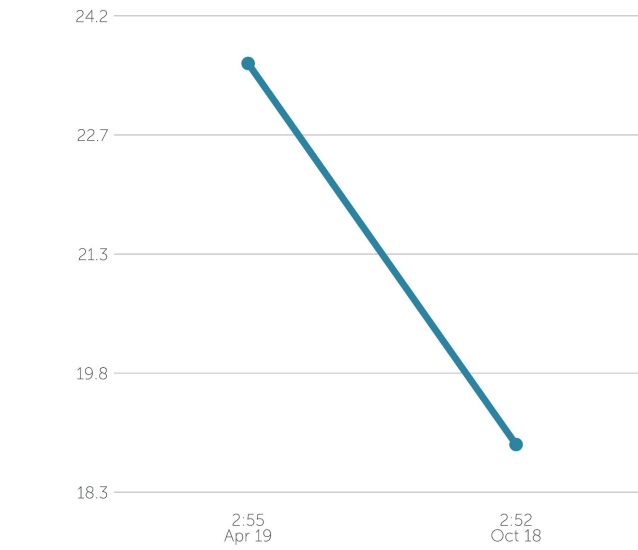
Circumference (Torso Only)

	Net	%
Total Circumference	-25.7 inches	9.4% Loss



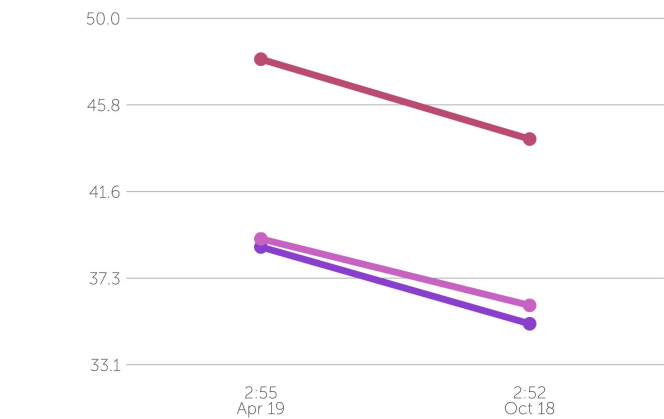
Volume (Torso Only)

	Net	%
Total Volume	-4.7 gal	19.9% Loss



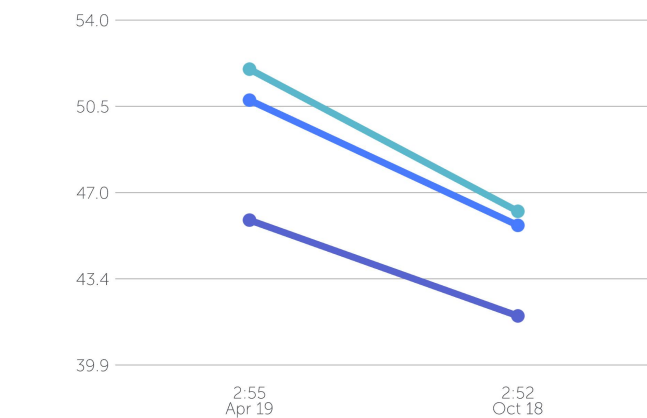
Upper Torso

	Net	%
Chest	-3.9 inches	8.1% Loss
Waist (Narrowest)	-3.7 inches	9.6% Loss
Waist (Abdominal)	-3.2 inches	8.3% Loss



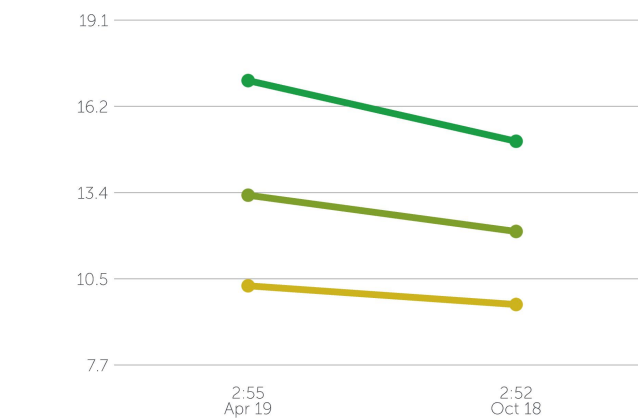
Lower Torso

	Net	%
Waist (Lower)	-3.9 inches	8.5% Loss
High Hip	-5.1 inches	10.1% Loss
Hip	-5.8 inches	11.1% Loss



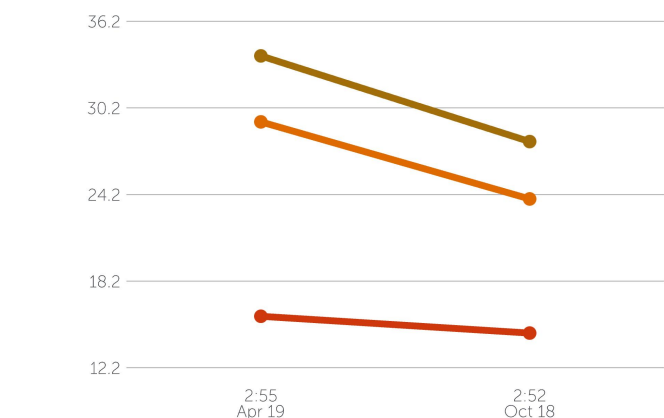
Neck & Arms

	Net	% Change
Neck	-2.0 inches	11.8% Loss
Bicep	-1.2 inches	9.0% Loss
Forearm	-0.6 inches	6.0% Loss



Legs

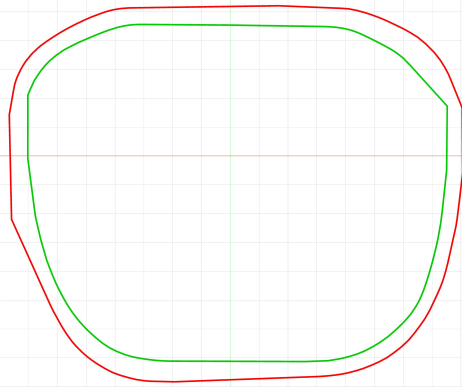
	Net	% Change
Thigh	-6.0 inches	17.6% Loss
Mid-Thigh	-5.4 inches	18.3% Loss
Calf	-1.2 inches	7.4% Loss



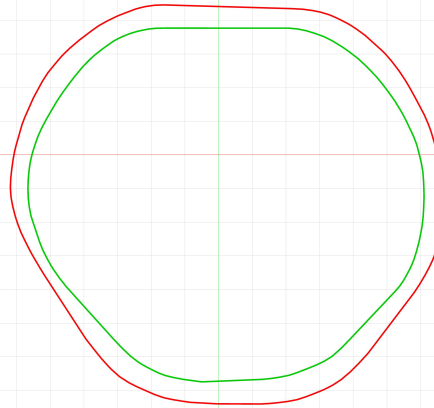
CIRCUMFERENCES - TORSO CROSS-SECTIONS

EXAMPLE FEMALE

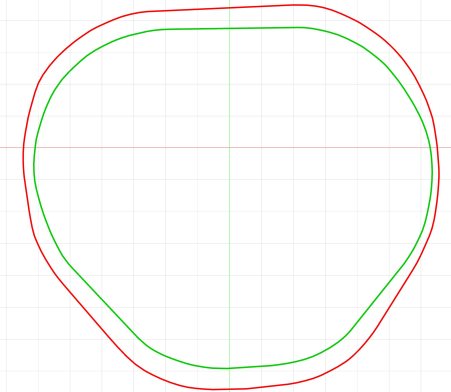
Chest	Net	%
Chest	-3.9 inches	8.1% Loss



Waist (Narrowest)	Net	%
Waist (Narrowest)	-3.7 inches	9.6% Loss

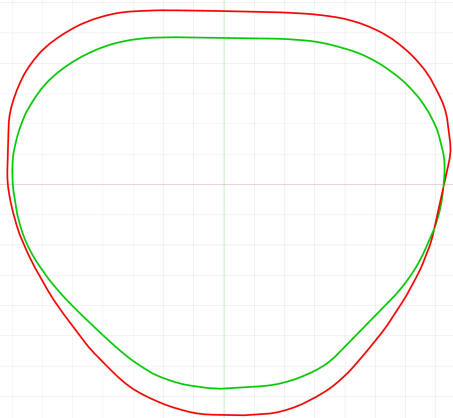


Waist (Abdominal)	Net	%
Waist (Abdominal)	-3.2 inches	8.3% Loss

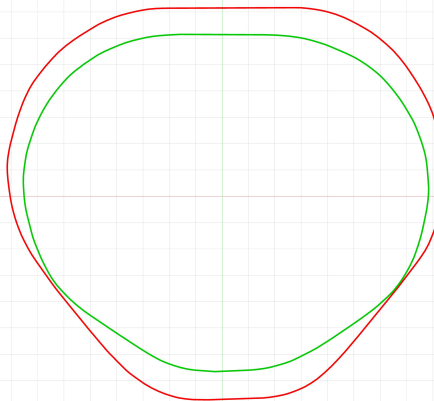


█ First Scan
 2:55 Apr 19, 2017
 █ Last Scan
 2:52 Oct 18, 2017

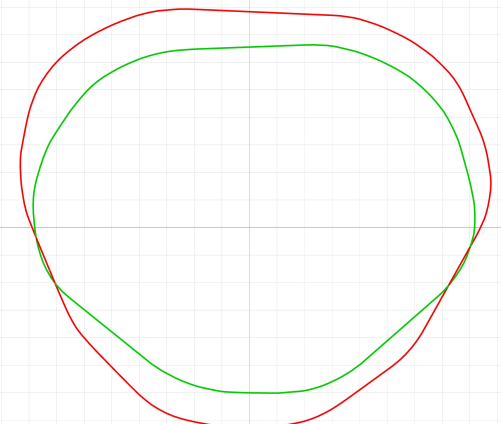
Waist (Lower)	Net	%
Waist (Lower)	-3.9 inches	8.5% Loss



High Hip	Net	%
High Hip	-5.1 inches	10.1% Loss



Hip	Net	%
Hip	-5.8 inches	11.1% Loss

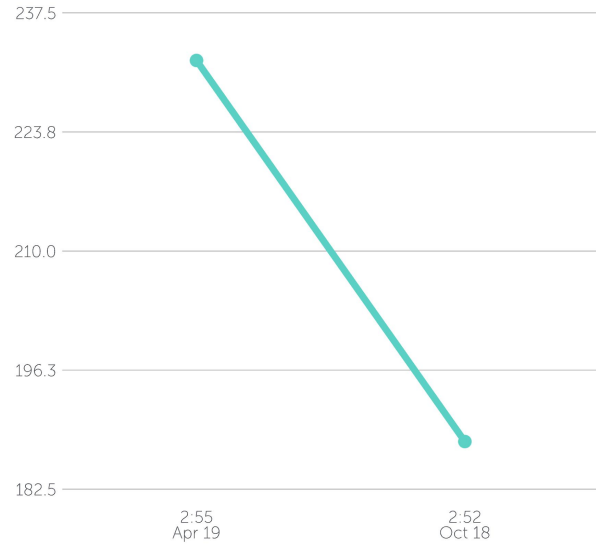


BODY COMPOSITION - FAT AND LEAN MASS

EXAMPLE FEMALE

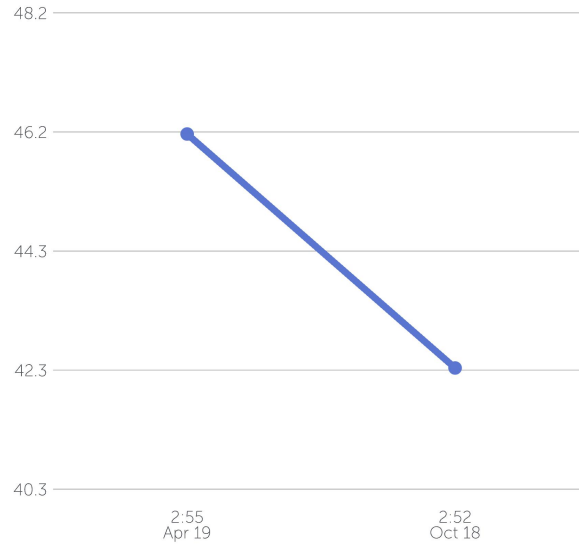
Total Weight

	Net	%
Total Weight	-44.0 lbs	19.0% Loss



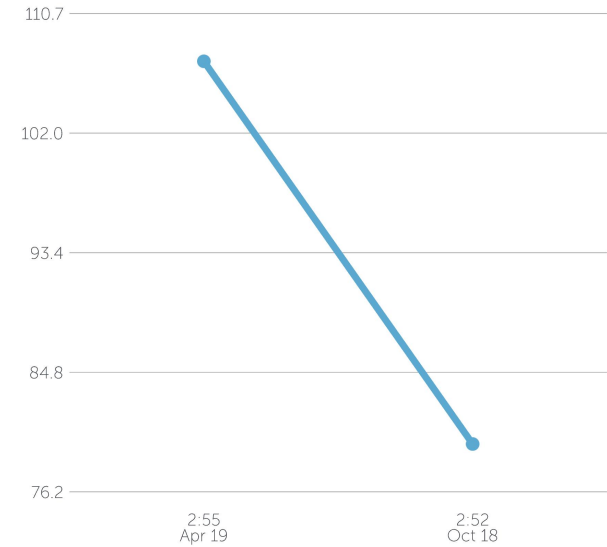
Body Fat %

	Net	%
Body Fat %	-3.9 %	8.4% Loss



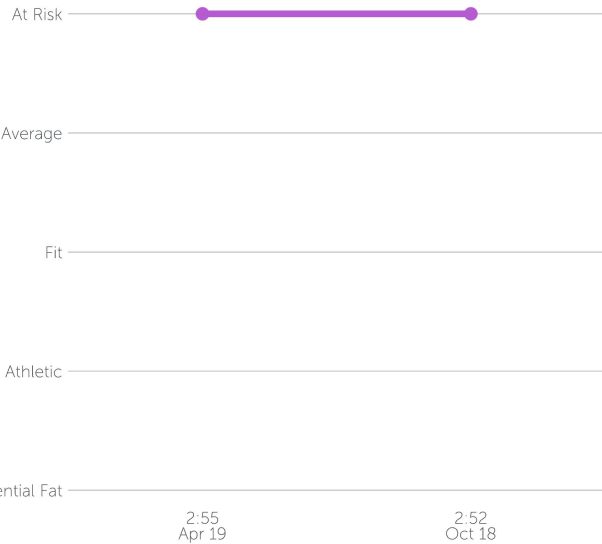
Fat Mass

	Net	%
Fat Mass	-27.6 lbs	25.7% Loss



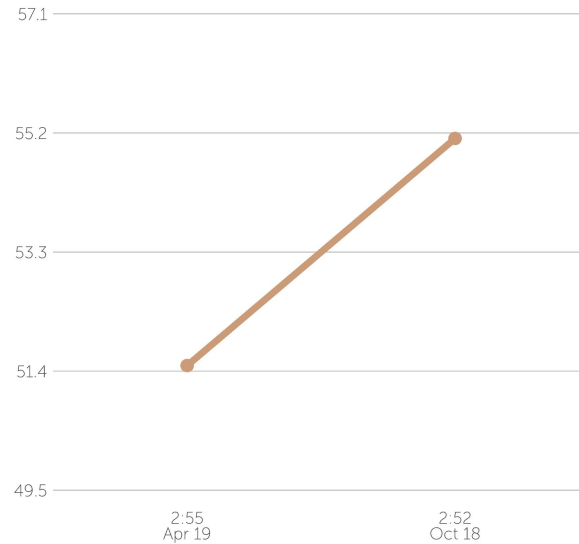
Body Fat Ranking

	Net	%
Body Fat Ranking		



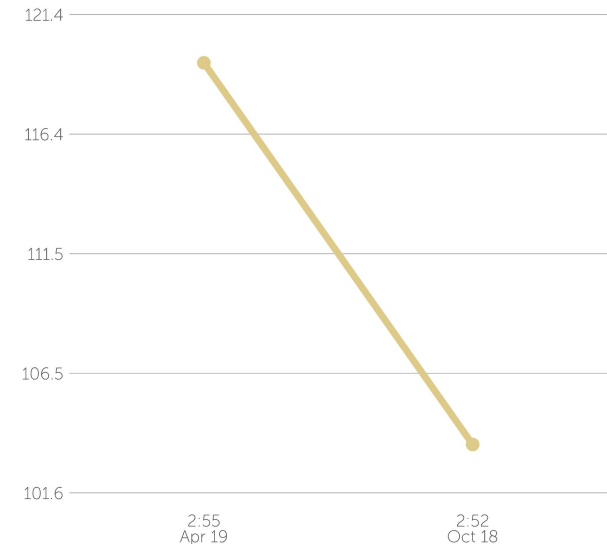
Lean Mass %

	Net	%
Lean Mass %	3.6 %	7.1% Gain



Lean Mass

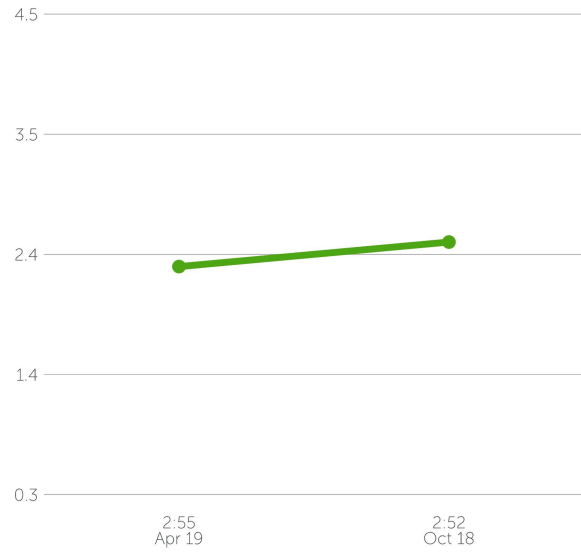
	Net	%
Lean Mass	-15.8 lbs	13.2% Loss



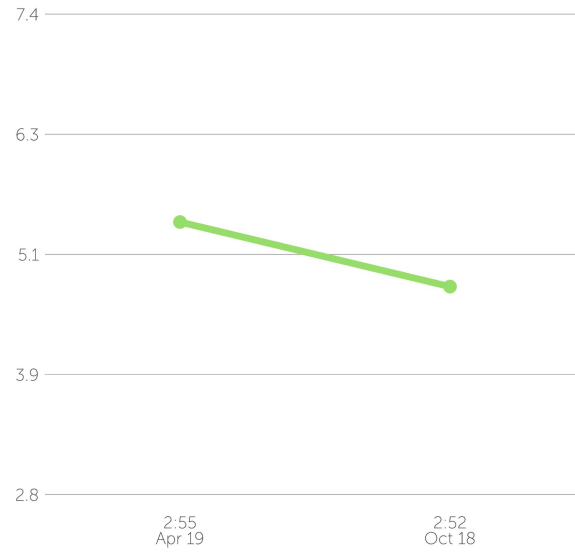
BODY COMPOSITION - MINERAL CONTENT

EXAMPLE FEMALE

Bone Mass %	Net	%
Bone Mass %	0.2 %	9.2% Gain



Bone Mass	Net	%
Bone Mass	-0.6 lbs	11.5% Loss



LEGEND

Bone Mass %

Bone Mass % is the percentage of bone mineral as compared to your total body weight. On average, adults have a bone mineral content of 3-5% of their total body weight. As you age, this can decrease and bone loss can occur, which can be detrimental to your health.

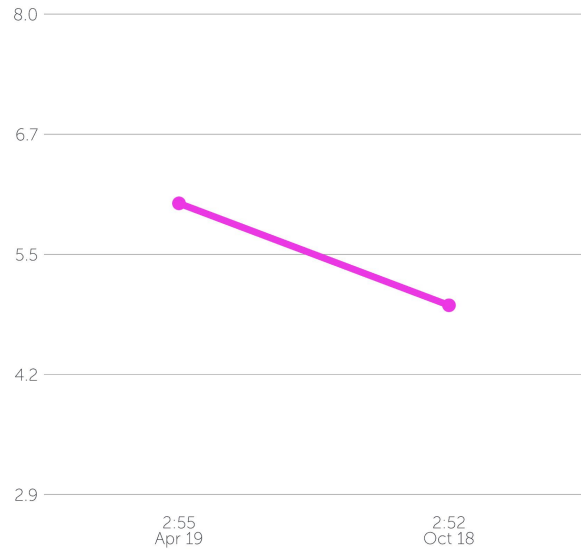
Bone Mass

Bone Mass is the amount of bone mineral in your body.

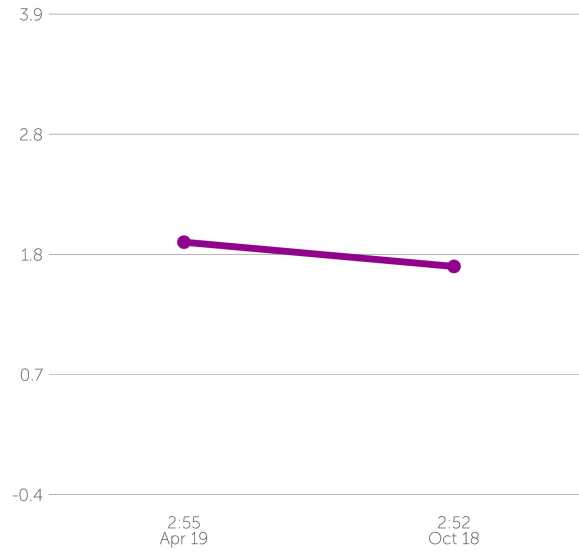
BODY COMPOSITION - REGIONAL FAT DISTRIBUTION

EXAMPLE FEMALE

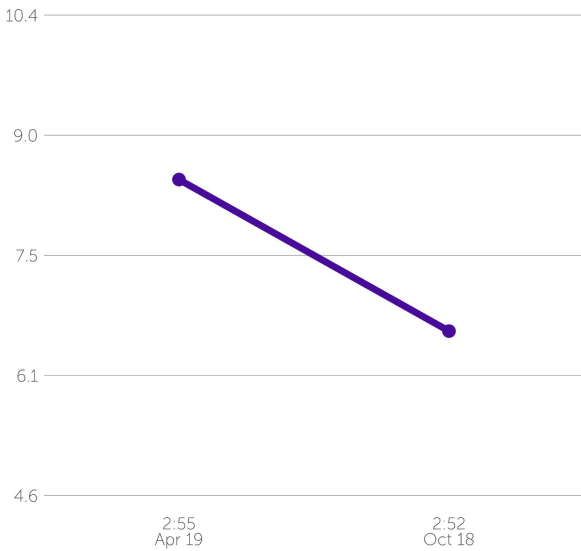
Subcutaneous Fat	Net	%
Subcutaneous Fat	-1.1 lbs	17.9% Loss



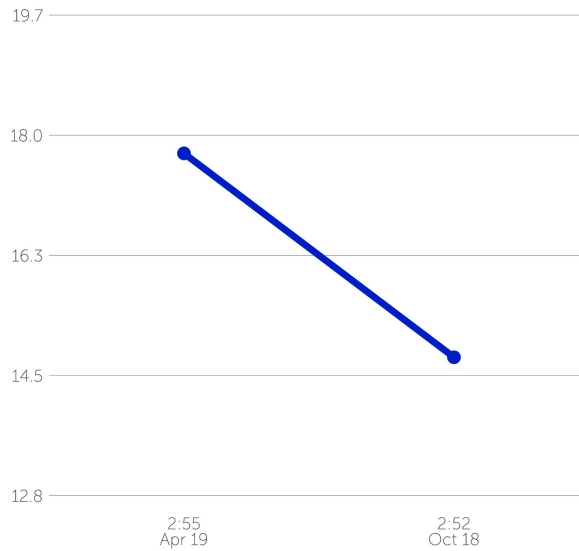
Visceral Fat	Net	%
Visceral Fat	-0.2 lbs	11.4% Loss



Android Fat Mass	Net	%
Android Fat Mass	-1.8 lbs	21.8% Loss



Gynoid Fat Mass	Net	%
Gynoid Fat Mass	-2.9 lbs	16.6% Loss



LEGEND

Subcutaneous Fat

SAT Fat Mass is the amount of Subcutaneous Adipose Tissue (SAT) in your abdomen or belly. SAT is the fat carried just under your skin. Most of the fat in your body is SAT, and this type of fat has the biggest impact on your body's size and shape.

Visceral Fat

VAT Fat Mass is the amount of Visceral Adipose Tissue (VAT) in your abdomen or belly. VAT is the fat surrounding your internal organs, including your heart, liver and lungs. While some VAT is necessary, a high amount is associate with a number of health issues including type-2 diabetes, heart disease, colon cancer and stroke.

Android Fat Mass

Android Fat Mass refers to fat stored around the upper body, in the belly and waist. This region is where men typically carry the most fat.

Gynoid Fat Mass

Gynoid Fat Mass refers to fat stored around the hips, thighs and buttocks. This region is where women typically carry the most fat.

Apr 19

May 24

Oct 18

